



Sterling Council on Aging Living Out Our Sterling Years Together

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

January 2016

**Butterick Building
1 Park Street**

COA (Council on Aging)

Mon—Thurs: 8:30—2:30

Friday: 8:30—12 noon

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

*** Senior Center Staff**

*** Director:**

Karen Phillips

*** Outreach Aide:**

Nickole Boardman

*** Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Gloria

Rugg

*** Meal Site Manager:**

Sandra Jacala

Message From the Director

Happy 2016! Another year has come and gone. It is the time most people make resolutions. The Senior Center resolves to move to our new building. It is almost finished. We are getting excited to pack up and bring our programs to a bigger place. We will also be adding some new programs. If you have a talent that you would like to share, please let us know. Photography, art, writing—there are so many creative avenues to explore. The sky is the limit! It is never too late to learn something new.

Let us hope for a great new year!
Wishing you all a year full of joy and happiness.

Karen

Don't feel like cooking? Join us for lunch. We serve and do the dishes. \$3.00 a meal. Hope to see you!



Exciting Intergenerational Opportunity

Mrs. Miller's 4th grade class at Houghton School is looking for pen pals. This program would pair a senior up with a 4th grader. You would exchange letters, with a different topic every month. This helps the kids practice their writing and reading skills. In this day and age, it is also really exciting to get a hand written note. If you are interested, I am looking for 23 volunteers for this great program. It will start with Valentines in February. Please contact the Senior Center at 978-422-3032 if you want in on this awesome program!

Ongoing Events

Mondays—

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare—free.

Tuesdays—

Game day at 12:15. Come on down to play bridge, dominoes, cards, scrabble, etc.

Wednesdays—

Chair yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$5.00 a class.

Computer class at 9 AM. Have your computer questions answered. Free.

Wii bowling at 12:30 PM. Come and bowl with some friends. Monthly tournaments.

Shopping trip to various stores at 1 PM. Sign up required. Limited to 9 people.

Thursdays—

Yoga at 9 AM. Gentle yoga for strength and flexibility. \$5.00 a class.

Fridays -

Pilates at 9:30 AM. Core strength and balance with a certified instructor. \$5.00 a class.

Meals—We serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Reservations must be made 24 hours in advance (before 12 noon). Your \$3.00 donation is appreciated.

Elder Keep Well Clinic every 3rd Thursday from 12-2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available once a month for private appointments regarding your health insurance questions. Call to schedule an appointment.

We have a computer lab with internet access. There is a pool table for impromptu games or practice.

Transportation is not an excuse to miss out on these activities. We provide transportation on our 2 senior vans. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. Please call at least 48 hours in advance to make a reservation. The van is available Monday, Tuesday, Thursday, and Friday afternoons and Monday through Friday mornings.

Reservations can be made by calling the office at 978-422-3032.

News from SHINE January 2016

Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016, the Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those of you with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you. They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.



Living Memorial Honor
Sterling COA./Senior Center
1 Park Street, Sterling, MA 01564

I am enclosing \$ _____

In honor/memory of _____

Donor's name _____

Address _____

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

Information

Tips for Getting more Fiber:

- Start at breakfast—choose a high fiber cereal or oatmeal (5 g or more)
- Switch to whole grains—look for whole wheat or whole wheat flour as first ingredient, use brown rice
- Eat more fruits and vegetables—shoot for 5 a day



- Give beans a try—beans, peas, or lentils are high in fiber and protein

Snow Information:

While the Senior Center is usually open, certain classes may be cancelled due to inclement weather. Please call the Senior Center at 978-422-3032 to check before coming out. As a general rule of thumb, many programs are cancelled if Wachusett schools are delayed and/or cancelled.



To be safe, call us at 978-422-3032 to make sure we are open before leaving your house.

When in doubt, choose safety first.

2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is not true for everyone. Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month. (Since there is no cost of living increase in Social Security benefits for 2016, the law prevents benefit checks from being reduced.)



People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 a year (\$170,000 per couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Senior Center Van Policy Cancellation/Missed Rides

If you need to cancel your appointment, please give as much notice as possible. You may cancel the day of your scheduled trip, if necessary. If you do not cancel your ride with us, the following schedule will apply:

1st offense – written warning

2nd offense - \$10.00 charge (you cannot use the van again until this charge is paid)

Every offense thereafter will be charged \$10.00.

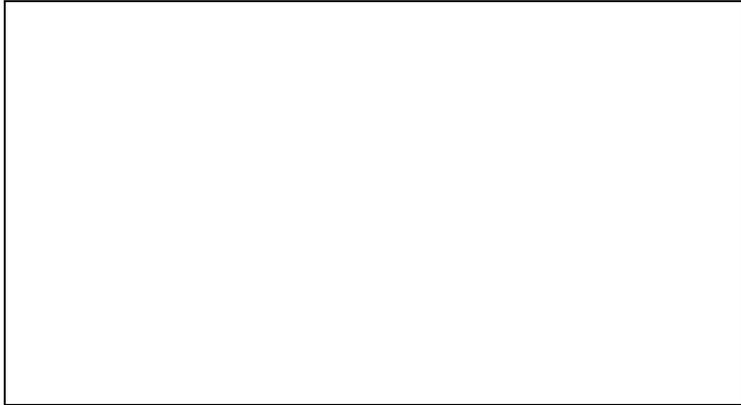


Fuel Assistance: New England Farm Workers' Council 978-342-4520

Monday	Tuesday	Wednesday	Thursday	Friday
4 10—Exercise 11:30—BBQ pork	5 11:30—chicken teriyaki 12:15—Game day	6 9—Computer class 9:30—Chair yoga 11:30—ziti with meatballs 12:30—Wii 1—Van shopping trip to	7 9—Yoga 11:30—broccoli cheese bake	8 9:30—Pilates 11:30—grilled chicken breast with piccata sauce
11 10—Exercise 11:30— rainbow trout	12 11:30— penne with beef bolognese 12:15—Game day	13 9—Computer class 9:30—Chair yoga 11:30—SPECIAL: chicken cordon bleu 12:30—Wii 1—Van shopping trip to	14 9—Yoga 9—Nursing students 11:30— chicken a la king	15 9:30—Pilates 11:30—meatballs with Hawaiian sauce
18 Senior Center closed for Martin Luther King Day	19 11:30—turkey corn stew 12:15—Game day	20 9—Computer class 9:30 —Chair yoga 11:30— chicken breast 12:30—Wii 1—Van shopping trip to	21 9—Yoga 11:30— roast pork 12—Elder Keep Well clinic	22 9:30—Pilates 11:30—meatloaf
25 10—Exercise 11:30— chicken kielbasa	26 11:30— grilled chicken 12:15—Game day	27 9—Computer class 9:30 —Chair yoga 11:30— pork roast 12:30—Wii 1—Van shopping trip to	28 9—Yoga 11:30—meatloaf 12:30—Book club	29 7:30—Pancakes 9:30—Pilates
				Are you in need of sand for this winter? Please give us a call at the Senior Center. Nickole will gladly deliver sand to your door.

Sterling Council on Aging
PO Box 243
Sterling, MA 01564-0243

PRESORTED
STANDARD
US POSTAGE
PAID
Permit 2
STERLING, MA
01564



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Fax:
978-422-9916

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The new Senior Center is coming along! Here are some pictures of the progress:



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